

STAYING CONNECTED



An activity book with personal stories and practical tips
to build connection with seniors in your community.

RUOK?TM

A conversation could change a life.



Senior Australians contribute a wealth of talent and experience to our community but ageing is not without its challenges.

Poor health, relocation, grief, isolation or difficulties completing tasks that were once simple can lead to social isolation from community and support networks.

This book of activities, conversation tips and personal stories highlights the importance of connection and how making time for a chat can mean so much to a friend or loved one.

Give the gift of conversation because a meaningful conversation could change a life.





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UNSCRAMBLE THE LETTERS

Keep your brain active by completing the below activity.
You might like to connect with a friend to complete the activity together.

STEP 1

Unscramble these letters to form a word.

o	v	r	o	t	a
c	n	e	s	i	n

STEP 2

Make as many words as you can from these letters but words must include the highlighted letter.

e	r	n	i	n
p	v	e	t	o

p	h	r	n	d
i	f	e	s	i

u	v	p	s	i
t	r	o	e	p

FIND A WORD

Find the words from the list. Words can be forwards, backwards, diagonal, horizontal and vertical.

i e l f r i e n d o c s l r
p n e s o g i e t k e u b t
o o f u y l i m a f f e s p
g i c p c r u a t g l n i s
n t c p e n f o n o i n g s
i a e o r i e i n k e m n l
n s a r n l n g f n c i s p
i r s t n a i g f c e c y e
k e k g e n u i n e l a f o
c v f m g e m p o w e r l p
e n r s e t a m m c c i i l
h o l i s t e n i s l n e e
c c o n n e c t i o n g i u
i e f i l c o m m u n i t y

*** Solutions on page 26 ***

Word list

caring

ask

empower

belonging

check in

listen

family

meaningful

connection

friend

support

life

people

signs

conversation

community

mates

genuine



Pictured: Gus and Greg

GREG & GUS

Greg, 42, has been a full-time carer for his mum for more than ten years. After recognising he was struggling himself, he set up regular initiatives to help older men connect. Gus, 79, has been attending Greg's coffee group since his wife of 55 years passed away. The connections he's made have helped him through one of the most challenging periods in his life.

Greg: I'm a full-time carer for my mum. She's 74 and lives with a disability and age-related health conditions.

For Mum, living with a disability and relying heavily on someone created a sense of vulnerability that she wouldn't feel comfortable showing around a stranger. We have a strong connection and trust each other which makes our situation work.

Being a carer is very rewarding, but it can take a toll. It took me a while to realise I was so focused on Mum's needs and looking after her, that I wasn't doing things for myself. I wasn't spending time doing what I enjoyed and because of that my mental health took a hit. I noticed other blokes in similar situations to me, so I thought if I do something for myself, I could also do something for them. It wasn't much to begin with, just going

to a car museum or having BBQs. It grew from there. I linked in with Mr Perfect and the Man Walk (national men's charities) to organise community activities, such as Monday coffee catch ups and Saturday walks for older blokes – whether they're carers, retired, off work for some reason or new to an area – just for an opportunity to connect with other people and have a laugh.

“Catching up with others and having people around you to check in creates a safety net for when, or if, life changes, which happens often as we get older.”

- Greg



Men show up for all different reasons, but they're all seeking the same thing – connection. Many have lost a partner or companion. I hear this a lot, but often their wife was the driver of social connections, and once they pass away, they're not motivated to continue that. There's an element of grief and loneliness that prompt men to join the activities I organise.

Gus: My wife battled dementia for five years and passed away in February last year. It's such a terrible illness, and it got progressively worse, so as time went on it got harder to look after her. We were together 55 years and it will take me a while to get used to not having her around.

I joined Greg's coffee group shortly after my wife passed away. There are 12 of us and we catch up every Monday at 10am and most of the guys are on their own, like me. If you don't show up, someone will always ring to see if you're OK, or if you're walking home they'll offer you a lift. It's great and gives me something to look forward to. We also have a BBQ on the first Sunday of every month, with about 30 of us.

Greg: Catching up with others and having people around you to check in creates a safety net for when, or if, life changes, which happens often as we get older. Whether it's retirement, health issues, bereavement, inability to travel – you can share your challenges with men facing similar experiences. I think that's important, because older men struggle to open up – they don't want to burden others, or they haven't grown up in an environment where emotions were discussed.

Gus: There's a lot of people out there looking for connection and someone to talk and listen to. One guy I met had a wife with dementia and was struggling with whether or not to put her in a home. Because I had been through something similar, it was good that we could chat and share our experiences. There's another guy whose family have all left the area, so today I popped in for a coffee and a chat. It's just something small, but I know he enjoyed it.

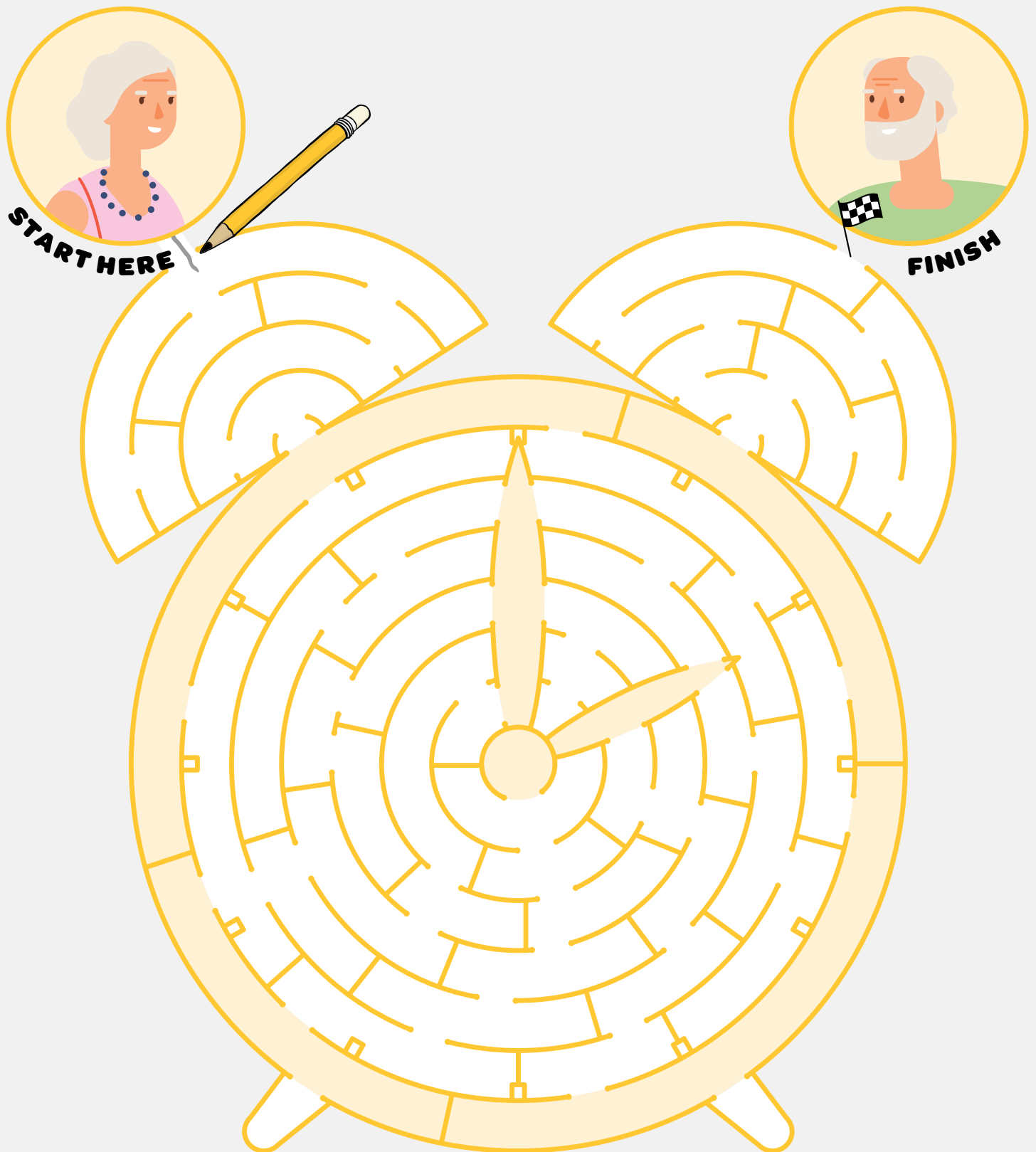


Greg: For me personally, the thought of losing Mum, and life without her, scares me. But being around these blokes, knowing what they have been through, and having them around as support gives me hope for whatever challenges I face. Spending time with older people helps you understand life a little more. And they have cracker stories. It's really great to see the friendships that have formed over the years.

Gus: Keeping busy is good for me. Otherwise, I sit around thinking about stuff. That's why the coffee group is so important to me. I genuinely look forward to going. And Greg is such a great bloke, he puts so much thought into the groups, which is probably why we all keep showing up. It's important that we continue to go – to keep social and to keep connected.

MAKE TIME TO CONNECT

Connect two friends by helping them find their way to each other.





MIKE

Mike, 39, is a teacher who also volunteers for a community organisation that supports Australians from all walks of life, one group being elderly people needing social support. He believes that regardless of age, connection is necessary for a fulfilling life.

Mike: Over the past year I've been meeting regularly with an older man living in residential care who has Alzheimer's. I met Dave* during the height of the COVID-19 restrictions, so our options to connect were limited, and our main interaction was through video calls. COVID-19 was hard on everyone, but particularly elderly people who were isolated or had a small circle reduced even further.

When the world began opening up again, we started going for walks and lunches – which helped us to get to know one another a little better. Don't get me wrong, there are days he isn't in the mood (like all of us) and he'll say he doesn't want to meet or talk but most of the time I know Dave really appreciates that I listen and take him seriously when he's trying to communicate something that may not initially make sense. It gives him the opportunity to talk things through and he knows he can trust me. His carer would tell me that after our calls she noticed he seemed a lot brighter and happier.

The fact that we get older doesn't stop us from needing to socialise or connect, it just means that unfortunately people forget about us sometimes. But that's where we all need to chip in – to reach out, check in and chat to the older people in our lives. A lot of the time they don't feel worthy of attention, time or care, and more often than not, they believe they should look after themselves and persevere. These beliefs stop them from reaching out to others. But

from my experience, I have noticed when help or an invitation to connect is offered, they are usually very accepting and open to it.

Another group we forget about is carers. It's common for carers of seniors to also be older Australians who are facing their own challenges. Dave's primary carer is an old friend of his, but her mobility issues limited the support and connections she could provide, which is what led to me volunteering. As a younger person, I'm mobile and can drive a car, which are useful when supporting older people.

When caring for someone with dementia, they don't always remember who you are, and that can impact the type of connection you experience. I know not to take it personally, and I always manage my expectations when visiting Dave. That said, it was so special when Dave began to remember me despite his Alzheimer's. He now calls me 'the Welshman', because we both have a Welsh background – and he remembers talking about that. I get a lot of fulfillment out of our friendship – his stories have expanded my knowledge of the world and we were both chuffed to realise we share the same love for music, especially Elvis and The Beatles!

Connection is so essential, regardless of our age. We are social beings. Volunteering is only one way to create social support for senior Australians. As a community we can all play a role in connecting and checking in on seniors who are close to us and who might need some extra support in life.

*To protect his privacy we have changed his name.

“Connection is so essential, regardless of our age. We are social beings.”



Pictured: B3, B1 and B2 (left to right)

THE BARBARAS

Three women, all named Barbara and in their prime, have an incredible friendship filled with lots of laughter. Referring to themselves as B1, B2 and B3, they share a love of music and have formed strong connections with each other and with the people in their community. They provide each other with a listening ear and a shoulder to lean on when times get tough.

B1: After I lost my husband, my daughter said you need to get out and try something new so I ended up joining University of the Third Age (U3A) for the stimulation and connection. Some years later, with the help of another friend, renowned contralto Lauris Elms, I coordinated 'Take me to the Opera'. It was a monthly activity which brought us all together.

B3: I love music, opera especially. I was new to the area and enjoyed the U3A group, so we three Barbaras became friends. Indirectly, that course encouraged me to join a choir, something that has brought joy into my life. As an asthmatic, singing is a great benefit but choir is for anyone who can hold a note. Love of music forms connection. With B1 and B2, laughter is our key connection - if you see us together, we normally have a smile on our faces. Life got pretty tough for a while recently and that smile was harder to find.

B2: My friendship with B1 and B3 is spontaneous, and I like that. We don't have to meet up every week, but we keep in touch, have a chat, have a cuppa together, walk the dog - whatever we all feel like doing. Being 84 and living alone, it can get lonely, so it is important that I make the effort to see people.

B1: What happens in older groups is you lose friends to illness, or they end up having to go into a home. And it's sad. A lot of women of our age are widowed, like me, so having friends my age around me does mean I live a happier life.

You get to a certain age and all of a sudden you become invisible. It happens. You have to force yourself to do something and get involved so that you make connections. Lots of people have dogs around where I live and there's a dog friendly park close by. We all go at the same time every afternoon



“
You’re connecting to those around you,
and you can all help one another out.
- B1
”

to chat for about an hour. B2 has mobility issues and she’s now limited in what she can do and where she can go. So, I will make a batch of scones, and go around and we’ll have some tea. I think it helps.

B2: I got quite upset the other week because I was meant to be going to the theatre, and I love the theatre, but I couldn’t grasp walking around the city with my mobility issues. I don’t have the ability to do the things I used be able to do 20 years ago. It’s hard talking about it. I can understand how mobility issues can cause low moods or even depression. And even harder, when you’re on your own you don’t have that opportunity to talk about how it impacts you or how you’re feeling. Which is why having support or friends is really important.

B1: As you age, you can become a hermit dare I say. You get to the stage where you don’t want to go out or do anything. I feel if you can chat with your

neighbours, socialise every so often, it keeps your mind working. You’re connecting to those around you, and you can all help one another out.

For instance, during COVID-19 restrictions, B3 was under a lot of stress and was looking quite unwell. Myself and B2 stepped in to help her. You can tell when someone isn’t happy – their voice, their mannerisms, how they react to things. Some people can put on a front saying they’re fine when they’re not. But you have to get to know someone so that you can tell when they’re not OK.

B3: B1 picked up on the change in me. That I wasn’t coping so well. Both of them said ‘we’re here to listen, any time’. I am glad they did because it is hard to ask for help for yourself. It was really sweet to know they cared about me as a person. The fact that it was during COVID-19 made it harder.



“Making connections or having interactions doesn’t always have to be formal or organised with friends.”

- B2

I tried to keep as active during the pandemic as not much happened. But ageism and invisibility was thriving. For nearly three years I struggled to get serious water damage in my unit fixed. My health declined as a result. I could neither solve my own problems nor those of family members with their own COVID-19 related issues, and it took me to a dark place.

I thought I was hiding it, but B1 and B2 recognised my stress and cared enough to ask R U OK? I believe this simple encouragement to talk it through helped me back on the road towards optimism. Coincidentally, shortly after, repairs finally started happening, the family issues started resolving and life started improving. Now I have my smile back and space in my life for good things.

I’m part of a monthly book club and go to trivia, choir and two sessions of strength and balance at a clinic. Recently someone I met briefly about five years ago rang to invite me to a regular cards group. I felt like saying ‘no’ but said ‘yes’ anyway and through that I have a whole new group of interesting and wonderful people in my life.

B2: Making connections or having interactions doesn’t always have to be formal or organised with friends. I find going up to the shops or the chemist and speaking to the staff while I am running errands is great for me. I never go to the self-checkout because I love speaking to the people at checkout – seeing how their day is and getting a little conversation in. It picks my mood up. I have the nickname ‘haveachat’ which makes me laugh. If I was home, I wouldn’t have had that interaction.

B1: My friendship with B2 and B3 is more than a friendship. All three of us grew up during World War II, so we have a different perspective on life. The world is changing, and the world we lived in was vastly different from the world young people live in today. It is nice to be with people who think similar and have had similar experiences.

B3: Without B1 and B2, life would be less bright. They are both lovely and wise women who have had their own share of life’s tough times and helped me through mine.

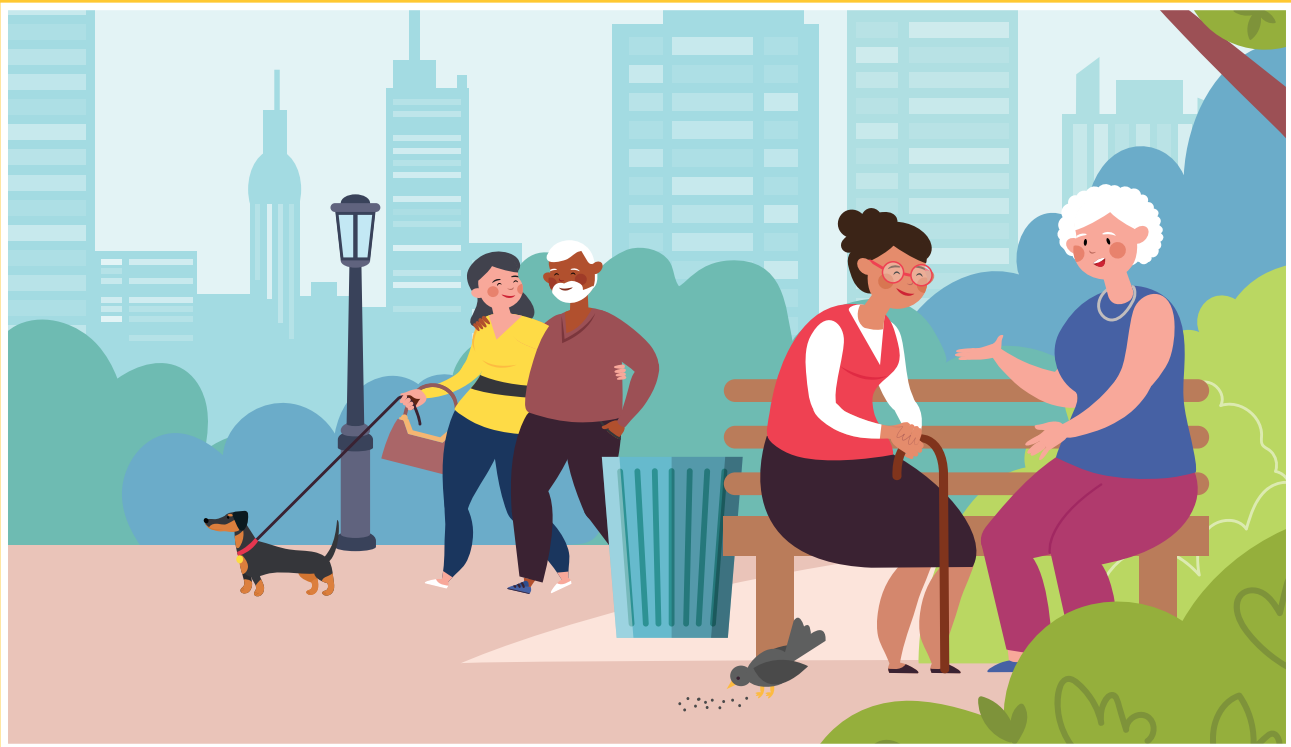
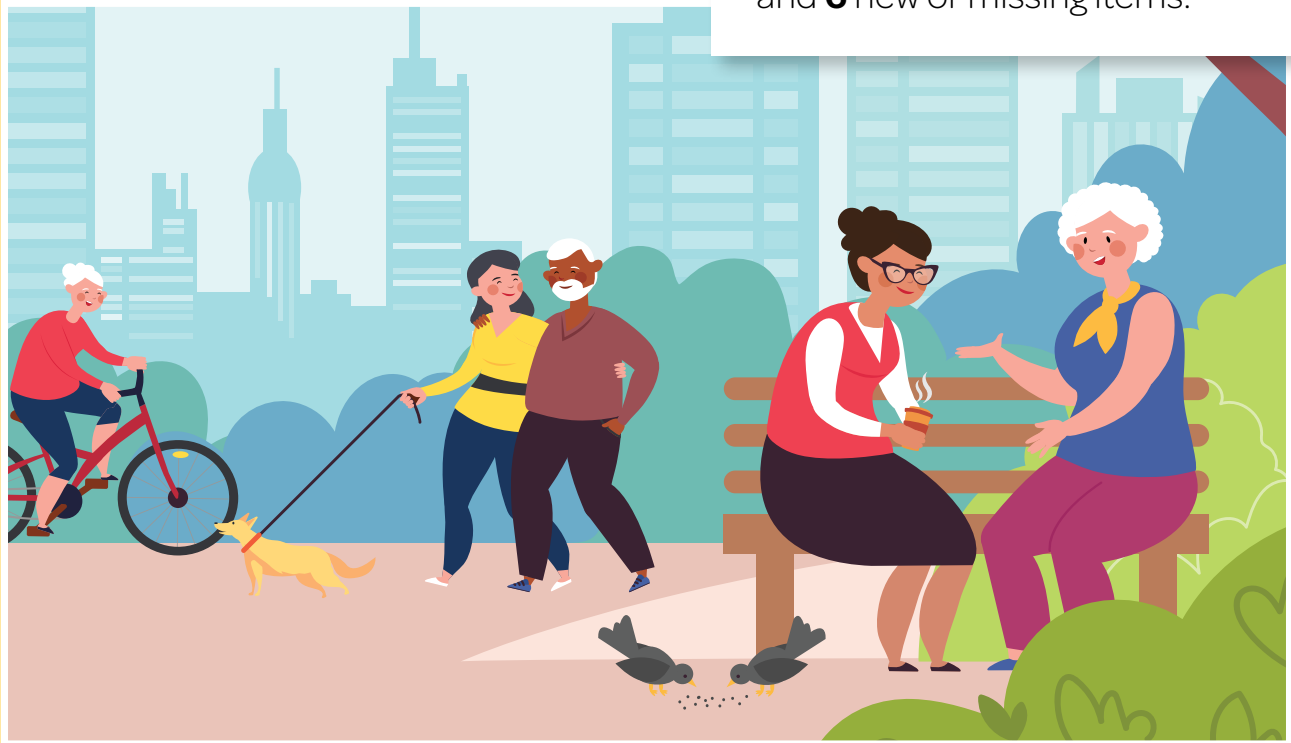
B2: You have to make the best of your life, with what you have, and we all make sure we do that.

Spot the difference

Can you spot the 10 differences in the two pictures below?

★ Hint ★

There are:
4 objects replaced
and **6** new or missing items.





Preparing for an R U OK? conversation



Be ready

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Have you set aside the time you might need?



Be prepared

- Remember that you won't have all the answers (and that's OK).
- It can be difficult for people to talk about personal struggles and they might be emotional, embarrassed or upset.



Pick your moment

- Have you chosen somewhere relatively private where you'll both be comfortable to chat?
- When is a good time for them to have a meaningful chat?
- If they don't have time when you first approach them, arrange another time for the conversation.
- It might be more comfortable for the person to be side-by-side with you (e.g. walking together or sitting in the car) rather than face-to-face.

4 steps of an R U OK? conversation

1



How are you travelling?

Ask R U OK?

2



I'm here to listen if you want to talk more.

Listen

3



What have you done before that has helped?

Encourage action

4



Just wanted to check in and see how you're doing?

Check in

THE CONVERSATION QUIZ

ARE YOU OK?

It's a simple question but it can sometimes be a tough one to ask.

Use this quiz to find out if you're ready to have an R U OK? conversation with an senior Australian who might be struggling with life's ups and downs.

It will help build your knowledge of the R U OK? 4 Steps. You can learn more about how to have a meaningful conversation at ruok.org.au/how-to-ask

1 When do you think is the best time to make a moment meaningful and ask someone, 'are you OK?'

- a) When they're surrounded by people in a noisy public place
- b) When they're running out the door
- c) When they're in a quiet, comfortable and relatively private place
- d) Never. I'll ignore my gut instinct that something's not right

2 What's important to remember when listening to someone talk about how they're feeling?

- a) Tell them about your problems and 'that time' when you felt the same
- b) Let them talk without interruption, ask open questions to help them explain and listen without judgement
- c) Talk over them so they can't get a word in
- d) Make eye contact but don't really listen to what they're saying

3 What is a good next step you could encourage them to take to manage their situation?

- a) Suggest they talk to someone who can provide further support; like their doctor, health professional or someone else they trust
- b) Tell them it's not that bad and they'll get over it
- c) Suggest they don't talk to anyone else about how they're feeling
- d) Suggest they stop doing their favourite things; like sport, social outings or volunteering



4 What can you do to show you genuinely care?

- a) Forget what they've told you
- b) Laugh it off
- c) Tell them they're weak for talking about their problems
- d) Check in with them again soon to see how they're going

5 What are the 4-steps to have an R U OK? Conversation

- a) Ask, laugh, encourage action, check in
- b) Ask, listen, encourage action, chit-chat
- c) Ask, listen encourage action, check in
- d) Ask, listen, escalate, check in

6 What are some of the signs that someone might be struggling?

- a) Becoming withdrawn or isolating themselves
- b) Changes in appearance
- c) Experiencing recent loss, grief or change in life circumstance
- d) All of the above

7 How can you connect with senior Australians in your community?

- a) Check in by making a phone call or sending a text message
- b) Have a chat over a cup of tea or coffee
- c) Drop by to say hello to let them know you are there for them
- d) All of the above

CONVERSATION BINGO

Conversation Bingo can be played as a large group activity or used as conversation starters with a smaller circle of friends.

Group Activity: In a group of up to 30 people, make your way through the conversation starters by asking each question of different people.

Tick off your completed conversation starters on your Conversation Bingo activity sheet.

YOUR CARD

What is your favourite season? Why?

Name:

Where is your favourite place in the world?

Name:

If you could have any superpower what would it be?

Name:

What makes you laugh out loud?

Name:

How are you going today?

Name:

How do you stay connected to others?

Name:

What was the last movie or show you watched?

Name:

What was your favourite thing to do as a child?

Name:

What makes you happy?

Name:

What qualities make someone a good friend?

Name:

What are some of your hobbies?

Name:

What's your favourite thing to eat?

Name:

What's the most interesting thing you've read lately?

Name:

What is the most memorable gift you've ever received?

Name:

What made you smile today?

Name:

Who is someone you can talk to about anything?

Name:

Write down the name of who you asked.

Announce when you've filled in 4 boxes diagonally, across or down by saying, 'Conversation Bingo'!

Conversation Starters: Alternatively, you can simply use these questions to strike up conversations with new and old friends.

CONVERSATION BINGO

YOUR FRIEND'S CARD

How are you going today?

Name:

What is the most memorable gift you've ever received?

Name:

What's your favourite thing to eat?

Name:

What was your favourite thing to do as a child?

Name:

If you could have any superpower what would it be?

Name:

Where is your favourite place in the world?

Name:

What is your favourite season? Why?

Name:

What makes you happy?

Name:

What are some of your hobbies?

Name:

Who is someone you can talk to about anything?

Name:

What qualities make someone a good friend?

Name:

What's the most interesting thing you've read lately?

Name:

How do you stay connected to others?

Name:

What makes you laugh out loud?

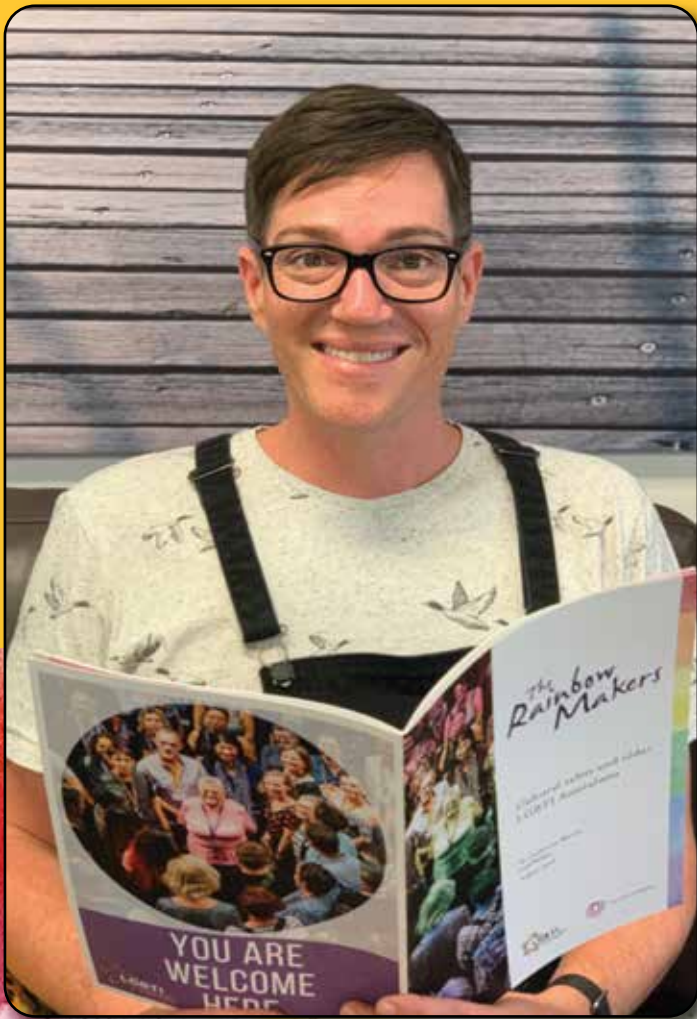
Name:

What made you smile today?

Name:

What was the last movie or show you watched?

Name:



HEATH

Heath has worked across lesbian, gay, bisexual, trans/transgender and intersex (LGBTI) health, mental health, ageing, inclusive training and advocacy. He is passionate about challenging the stigma associated with ageing, educating communities on the value older people bring and the importance of intergenerational connections within LGBTI communities.

Heath: Older people, including LGBTI elders, are often invisible, forgotten and devalued. We tend to step around or keep out of their way, rather than rush up to chat or help them. Why? I think a key factor is the world is changing rapidly. This means it can be hard for a young person and older person, who come from different times, to connect over mutual things. But they exist. Their cooking, their knowledge, their gardening, their music, their stories, their struggles – it's all there. There just aren't many avenues for connection to occur, especially across generations, but there needs to be.

It's about changing the perception of ageing and tackling stigma. It's about valuing older people rather than looking at them as a burden or output of energy. We need to look at ageing in a positive light - as 'healthy ageing', and encourage community connection to occur during this time. It's about building compassionate communities, reshaping

and bringing back communities – people of all ages and walks of life from a local area.

Young people can learn a great deal from older people about mental health, resilience and wellbeing. For the simple fact they've been doing it a lot longer than we have. They have a balcony view of life and can bring a grounding perspective to the struggles many of us face. If we think about the past few years alone, a lot of distress has been caused by COVID-19, the threat of war, political instability, and climate change. Older people have lived through

“Young people can learn a great deal from older people about mental health, resilience and wellbeing.”

all of these. They've watched the world change and have so much wisdom to pass on. If we think about LGBTI elders specifically, they have experienced discrimination, violence and stigma - just for being themselves. Years of trauma and compounded stress has shaped the way they connect. For older people 'queer' was used as a derogatory term which is why within this community we use LGBTI (rather than LGBTQI+ which is commonly used today). It's about respecting their experience. Older LGBTI people are also a lot more cautious about who they let into their home and life. They need to know they're safe and won't be judged. There are specific programs tackling this very issue by upskilling young LGBTI

Older LGBTI people are also a lot more cautious about who they let into their home and life. They need to know they're safe and won't be judged.

carers to provide in-home support and friendship to LGBTI elders. The fact they both come from the same community creates a sense of safety, which is a baseline for building strong supportive relationships.

I would encourage all members of the community to connect with older people, especially LGBTI elders. Their ability to read people, understand systems and negotiate relationships are all invaluable skills, so they're fantastic mentors. Don't overthink it. A simple conversation, an, 'are you OK?' or, 'can I lift that bag for you?' is small and non-committal but means they instantly feel supported and safer in their community. Connect with them, actively listen and let them know they are safe and that you genuinely mean it.

There is so much to love about and learn from them. We need to approach this as a community so no-one is ageing alone.

DID YOU KNOW?

R U OK? has resources in languages other than English, to empower you with the knowledge and confidence to have a meaningful conversation in your language.

[Learn more ruok.org.au/other-languages](https://www.ruok.org.au/other-languages)





JAMES & GARY

James, 12, and Gary, 70, have a unique friendship that developed from a shared interest in chess. Once a week they play chess online and enjoy chatting about what's going on in their lives.

Gary: I've known James and his family since he was born. They used to live next door. When they moved, we visited them several times and I would play chess with James. Then along came COVID-19 and the world changed. Catching up face to face wasn't really an option.

We discovered a chess app that James and I could both access. James' mother downloaded it to her phone and James and I began playing chess together. I eagerly awaited James' counter moves to mine. Using this technology to connect across distance and generations was fabulous.

James: I really like playing virtual chess with Gary once a week. He's really good at it and has lots of time to teach me. I can tell he enjoys it too. I think he likes teaching me a new skill and talking with someone younger than him.

Gary: Encouraging and seeing James' skill develop in the game was a treat. My own children are all grown - busy with babies and jobs and life. Helping James develop his chess skills, a game which requires patience, judgement, self-discipline and critical thinking, led me to feel I was doing something useful for at least one person in the next generation.

James: Older people can get lonely sometimes, but kids can bring lots of energy and fun to everyday activities.

Gary: Cross-generation connections and the passing on of knowledge, whether in chess or other areas, gives purpose to older people and makes them feel of value. Regular contact with a young person around a shared interest can help combat the feeling of loneliness that some older people experience, particularly if they live alone.

James: I also visit my grandparents and send them homemade cards, or I'll ring them and talk about my footy and how I am going and it makes their week. There's an old lady named Elizabeth who lives near us, and her husband died recently, so she lives alone. My mum and I will drop off food to her and it makes her so happy.

Gary: As you approach old age, such connections are fulfilling. I find it comforting knowing I am passing on something worthwhile - even if it is only a small thing - to someone who will be here after I've gone. I'm looking forward to teaching my grandchildren chess when they are old enough!

Something as simple as playing chess and chatting to James is often the highlight of my week. It's important to take the time to reach out and connect with people in your world, especially the more senior members - never underestimate how meaningful the simplest of gestures can be for someone.

SUDOKU

★ Find solutions on page 26 ★

Easy

			1			4		2
			7	2				5
9		6		3		7	1	
1		8					2	
6								3
	3					1		4
	1	7		5		2		6
5				8	1			
4		9			6			

Medium

	9		3					
			5	9	2			
7						2		
3	2			8			1	4
				6				
9	7			2			5	8
		8						1
			9	4	6			
					1		3	

Medium

4			8		1			
					3		5	
	5					2	1	
2				8	9		6	
				1				
	9		6	3				7
	4	9					7	
	1		3					
			2		8			4

Hard

1					6	3		
							9	1
8				3		2		
		1	6					7
6	5						8	3
7					8	4		
		2		8				5
4	3							
		6	7					9

GIVE THE GIFT OF CONVERSATION



Learn what to say at
ruok.org.au/yournattermatters

R U OK? Your Natter Matters resources

To learn more about how to have an R U OK? conversation with someone in your life, R U OK? have additional resources including a conversation guide, posters, connection cards, activity templates, postcards, email signatures and social media tiles.

The 'How to give the gift of conversation' practical guide contains tips to help you ask, 'are you OK?'. Because when we genuinely ask, 'are you OK?' and are prepared to talk to them about how they're feeling and what's going on in their life we can help someone who might be struggling feel connected and supported, long before they're in crisis. The guide includes:

- How to spot the signs it might be time to start an R U OK? conversation
- How to prepare for the conversation
- The 4 steps of an R U OK? conversation
- What to do if someone doesn't want to open up
- Useful contacts for someone who is not OK



CONVERSATION GUIDE



CONVERSATION POSTER



CONVERSATION BINGO



CONNECTION CARD



Resources are free to download and available at ruok.org.au

ACTIVITY SOLUTIONS

Unscramble the letters (page 4)

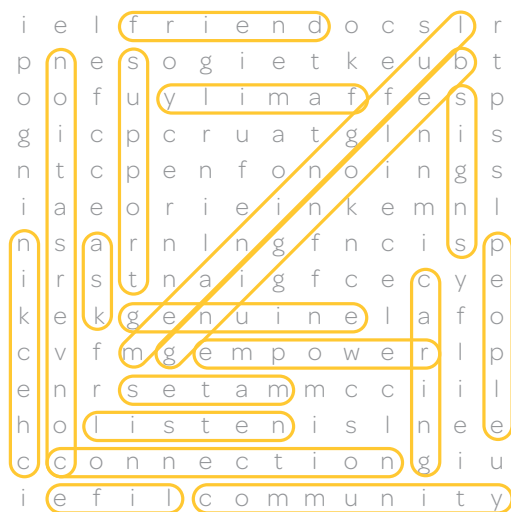
Step 1

1. Conversation,
2. Prevention,
3. Friendship,
4. Community

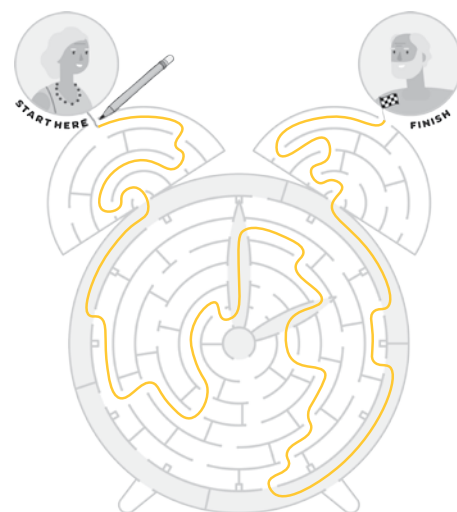
Step 2 Example Answers

1. stove, stain, nest, site, vest, cost
2. vent, ever, tone, peer, note, rent
3. side, drip, hips, fried, ripe, hide
4. sport, sort, rope, port, over, vote

Find a word (page 5)



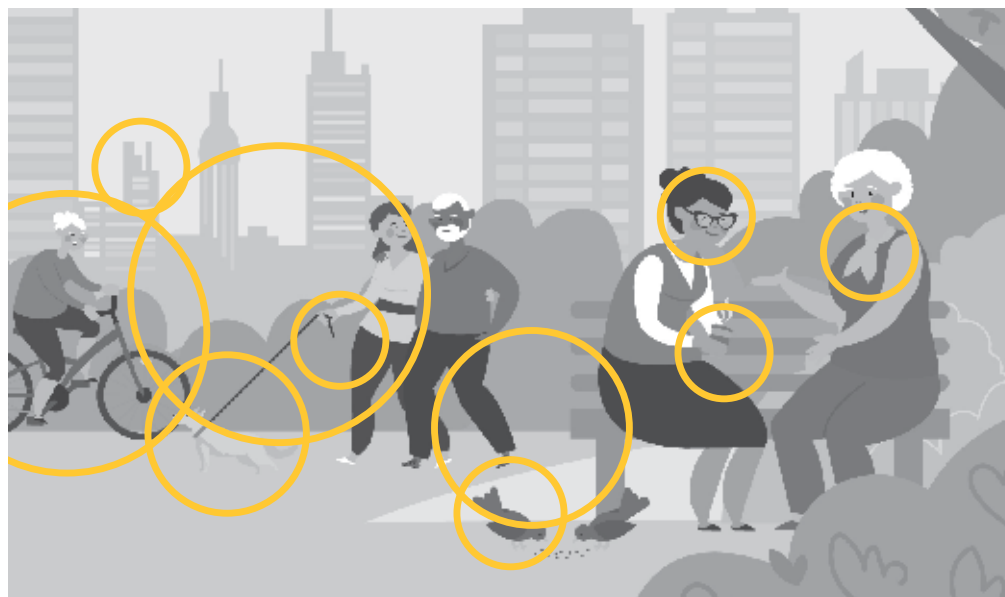
Make time to connect (page 8)



The conversation quiz (page 16)

1. C.
2. B.
3. A.
4. D.
5. C.
6. D.
7. D.

Spot the difference (page 20)



Sudoku (page 21)

Easy

7	5	3	1	6	8	4	9	2
8	4	1	7	2	9	6	3	5
9	2	6	4	3	5	7	1	8
1	7	8	6	4	3	5	2	9
6	9	4	5	1	2	8	7	3
2	3	5	8	9	7	1	6	4
3	1	7	9	5	4	2	8	6
5	6	2	3	8	1	9	4	7
4	8	9	2	7	6	3	5	1

Medium

8	9	2	3	7	4	1	6	5
6	1	4	5	9	2	8	7	3
7	5	3	6	1	8	2	4	9
3	2	6	7	8	5	9	1	4
4	8	5	1	6	9	3	2	7
9	7	1	4	2	3	6	5	8
5	6	8	2	3	7	4	9	1
1	3	7	9	4	6	5	8	2
2	4	9	8	5	1	7	3	6

Medium

4	2	6	8	5	1	7	3	9
1	7	8	9	2	3	4	5	6
9	5	3	7	4	6	2	1	8
2	3	7	4	8	9	5	6	1
6	8	4	5	1	7	9	2	3
5	9	1	6	3	2	8	4	7
8	4	9	1	6	5	3	7	2
7	1	2	3	9	4	6	8	5
3	6	5	2	7	8	1	9	4

Hard

1	4	5	2	9	6	3	7	8
2	6	3	8	4	7	5	9	1
8	9	7	1	3	5	2	6	4
3	8	1	6	5	4	9	2	7
6	5	4	9	7	2	1	8	3
7	2	9	3	1	8	4	5	6
9	7	2	4	8	1	6	3	5
4	3	8	5	6	9	7	1	2
5	1	6	7	2	3	8	4	9



Useful contacts for someone who's not OK

If you are concerned for your safety or the safety of others, seek immediate assistance by calling **Triple Zero (000)**.

If you need professional support, please contact your doctor, local health centre or one of the services listed below.

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Lifeline (24/7)

13 11 14
lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

SANE Australia

1800 18 SANE (7263)
sane.org

Mensline (24/7)

1300 78 99 78
mensline.org.au

QLife

1800 184 527
qlife.org.au

Open Arms

1800 011 046
openarms.gov.au

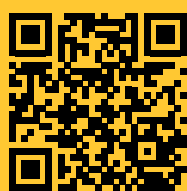
More contacts

ruok.org.au/findhelp

RUOK?TM

A conversation could change a life.

ruok.org.au



Learn what to say at
ruok.org.au/yournattermatters